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How flower pots kept along stairs at metro station block access to disabled persons

POT SPOILER

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TWEETS @BangaloreMIRROR

The flower pots kept along either side of the stairs at the National College metro station suggest the Bangalore Metro Rail Corporation Limited has no idea how to maintain or where to keep them.

The pots were meant to add to the aesthetics of the metro station. That said, the BMRCL employees are not experts in maintaining flower pots it appears.

There are 10 flower pots (five on either side) at the entrance of the station near the steel railings meant to help disabled persons to use the stairs.

Now with the pots occupying considerable space along the stairs, the steel railings have become inaccessible to disabled persons.

"It is difficult to access the railings. With no railing support, how do you expect a disabled person

CONTINUED ON PAGE 8 »

KAUSHIK JN

"Can't the BMRCL install a railing at the centre of the stairs to help people like me?
— R Mohan, disabled commuter

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3 THINGS TO DO

01 Get the right beats

The Mahindra Blues Festival is back with its 12th edition in the city. The festival is conducting the Band Hunt competition, and the selected participants will get the chance to showcase their skills to the popular musicians Ehsaan Noorani and Loy Mendonsa. **Where: AntiSocial, Lower Parel; When: January 22; 5 om onwards**

02 Rhythmic moments

One of the most renowned Odissi dancers, Madhulita Mohapatra, along with her student, Sahana R Maiya, is collaborating with established Yakshagana artists, Guru Shri K Krishnamurthy Tunga and Chithkala K Tunga. The performance is part of the 7-day Fusion Music and Dance Festival organised by Bharatiya Vidya Bhavan (Bengaluru) and the Infosys Foundation. The fusion dance presents the traditional dance forms of Odissi and Yakshagana to retell the timeless saga of Savitri and Satyavan. **Where: Khincha Auditorium, Bharatiya Vidya Bhavan, Race Course Road When: Saturday, January 20; 7 pm**

03 It's story time

Ranga Shankara's signature storytelling programme, Little Cloud, is back. Kids of 4 to 6 years of age can participate in these storytelling sessions held in multiple languages by multiple artists. Grown-ups are not allowed.
Where: Ranga Shankara, JP Nagar
When: January6–February 25 (on Saturdays and Sundays); 10 am–11 am

Season of flowers

Preparations for Republic Day celebrations begin in Lalbagh; the theme for the flower show this year is Vishwaguru Basavanna and Vachana Sahitya; the show will be held from January 18 to January 28

PIC: KAUSHIK JN

From shallow to deep end

BBMP plans to rejuvenate seven locations in city with shallow aquifers to recharge groundwater; civic body floats tender for pilot project for ₹20 lakh

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As part of the Central Government's AMRUT 2.0, BBMP has decided to rejuvenate seven locations with shallow aquifers to recharge groundwater. It's a pilot project undertaken by the civic body, and based on the success, more shallow aquifers will be taken.

BBMP has identified these locations to carry out rejuvenation works with open wells, construction of recharge wells, and roof-top rainwater harvesting. Two new recharge wells will be dug, and the remaining will be repaired and maintained. Out of the chosen seven locations, three are situated near Kothanur, Avalahalli, and Jakkur Lake. Recharge wells are also being planned in areas where there is constant flooding owing to the topography of Bengaluru. Other locations are present near parks, such as Kuvempu Park.

The project is aimed at creating awareness about shallow aquifers and their impact on groundwater recharge.

The Palike has floated a tender for a pilot project on shallow aquifer management in public spaces in Bangalore-Amruth-2.0 for Rs 20 lakh. The project is being handled by the National Institute of Urban Affairs and Biome Environmental Trust as the knowledge partner.

Bengaluru is one of the 10 cities chosen for this project. As borewells that depend on deeper aquifers continue to be dug in the city, the focus is on shallow aquifers and the recharge of groundwater through various methods. As part of AMRUT 2.0, ULBs will facilitate a scientific approach towards the management of groundwater aquifer systems by enhancing their technical capacities. They shall monitor groundwater usage, identify aquifer potential, and recharge opportunities. They will also be required to prepare a city aquifer management plan that will be revised every year until 2026 to assess the change in the dynamic groundwater balance over the mission period.

As borewells that depend on deeper aquifers continue to be dug in the city, the focus is on shallow aquifers

"As per the Ministry of Housing and Urban Affairs, 135 litres per capita per day (lpcd) has been suggested as the benchmark for urban water supply. Of this, 10 litres are used for drinking and cooking, and the rest is used for miscellaneous activities such as cleaning, gardening, toilet flushing, etc. The pilot project aims to work with the local ULB and create awareness about shallow aquifers and their importance. This is done by digging recharge wells, rooftop rainwater harvesting, digging filter borewells (which tap into the shallow aquifer), and rejuvenating old open wells," said Suma Rao, project officer, BIOME.

Around Bengaluru, borewell depth is over 1,000 feet; however, when an open well is dug, water is seen 10 feet below ground level in many places. For the rejuvenation of old open wells, existing wells will be cleaned, water pumped out, and disinfected with alum, lime, and potassium permanganate, Rao added.

She noted that the new wells will be dug (4 feet in diameter and 20 feet in depth). "We will have to ascertain if the water is portable or not. Water will be sent to a lab to check its quality and then determine what it can be used for. If there is the presence of microbes, then water will have to be chlorinated or boiled before use for drinking purposes," she explained.

> **"The pilot project aims to work with the local ULB and create awareness about shallow aquifers and their importance**
> – Suma Rao

Minister of State for Jal Shakti, Shri Bishweswar Tudu, said in a written reply in Lok Sabha in December 2023 that India has 82,78,425 dug wells and Karnataka has 1,34,603 dug wells. Additionally, there are 1,15,123 shallow tubewells, 6,96,702 medium tubewells, and 3,30,824 tubewells.

At the drop of a hat, go for the axe

As tree expert panel okays chopping of 100 full-grown trees, experts say inspections only for name, efforts not being made to save greenery

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File photo of uprooted trees being transported to Cubbon Park

Nearly 100 full-grown trees in Bengaluru will soon be facing the axe after the latest order by the Tree Expert Committee (TEC). As per the order, trees at Channasandra Railway Station can be felled to remodel the station yard. The order is in response to permission sought by South Western Railway (SWR) for clearance of 118 trees in the project area. A public notice regarding the same was issued in October 2023 by the Deputy Conservator of Forest (DCF), Bruhat Bengaluru Mahanagara Palike (BBMP) to invite objections and remarks from the public.

As per BBMP, TEC has allowed removal of 102 out of 118 trees based on records produced by SWR and a detailed discussion of the site inspection report by TEC and BBMP. Of these, while 98 will be cut, four trees will be translocated. As many as 18 trees will be retained on-site.

City-based tree activists say looking at the high number of trees that are giving way to development projects, the process of site inspection by BBMP and TEC does not look genuine. The committee has not been able to put a break on the ongoing tree massacre by various agencies in the name of development. They opine most of the trees that are axed can be saved with small modifications in the projects. But, these options are not being contemplated.

According to BBMP's official memorandum, the public notice for the project could not garner attention and no objections were received by the civic agency. Experts say the notices should have a wider reach and BBMP must make an effort in this direction.

Take notice

With the city's green cover dwindling, the need of the hour is to make changes in the ways these notices are put up for consideration so citizens come forward and raise their objections/suggestions in response to these notices.

"This exercise serves no purpose unless efforts are made to obtain suggestions from the public. The process is being followed mechanically. Bengalureans have always been environmentally woke and lack of objections implies that people are not looking at or missing these public notices currently being printed in newspapers. BBMP should use its social media handles to post these notices. Notices can also be put up on trees that are under scrutiny to be cut. Yet another reason behind citizens not filing objections/suggestions is the lack of action taken in the past even when objections were filed. This is a sorry state of affairs," said a city-based environmentalist.

> **"B'lureans have always been environmentally woke and lack of objections implies that people are not looking at or missing these notices** –Environmentalist

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Lack of care turns green spaces into black & yellow

Locals appeal to civic body for urgent park maintenance on Halsuru Lake bund after private builder opts out

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The vacant land between the storm water drain adjacent to Halasuru Lake and the footpath on Gangadhara Chetty Road was developed into a green space by a private builder who took up the maintenance of pathways and parks on the lake bund a few years ago. The space between the footpath and the storm water drain was a treat to the eyes, not only for the residents of nearby apartment complexes but also for motorists who commute on Gangadhara Chetty Road.

However, with the private builder withdrawing from this initiative, the saplings are withering away due to a lack of water and maintenance for the last week. The residents are urging the authorities concerned to make arrangements for the maintenance of the green space between Gurudwara Junction and the Junction of Thiruvalluvar statue on Gangadhara Chetty Road. They have also mentioned that before being developed into a green space, this area was used for dumping garbage and as a spot for public urination by auto-rickshaw drivers and pedestrians.

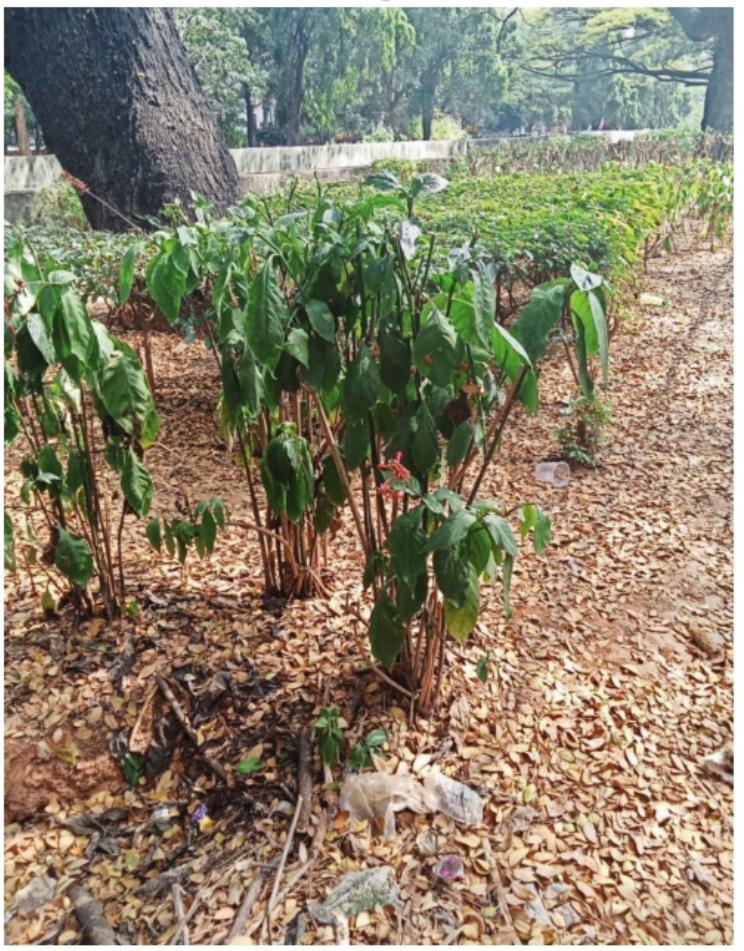
"I, as a president of the Halasuru Lake Walkers' Association, played a key role in convincing the builder to take up the maintenance of Halasuru Lake. The builder used to spend around Rs 70 lakh per year for the maintenance of the pathways lake bund. Now, there has been no maintenance since the last few days due to the withdrawal of the builder from this," said Purushotham V, a resident of Annaswamy Mudaliar Road. He mentioned that he has been attempting to contact the Bruhat Bengaluru Mahanagara Palike (BBMP) authorities to explain the condition of the saplings in the green space. The residents of nearby apartment complexes have contributed funds for the caretaking of these saplings.

The residents want the authorities to retain the green space to avoid the creation of yellow and black spots on the stretch. "A private builder used to maintain the green space, park and pathways on the lake bund. Now, saplings are withering due to lack of water. There is no cleanliness on pathways," said D Kumar, a resident of Annaswamy Mudaliar Road.

> **"A private builder used to maintain the green space, park and pathways on the lake bund. Now, saplings are withering due to lack of water**
>
> – D Kumar, resident of Annaswamy Mudaliar Road

Expressing a similar opinion, Shekhar C, a resident, said that the BBMP authorities should make arrangements for watering the saplings. "I came to know that the contract to supply water for saplings ended a few days ago. I demand the BBMP authorities to either renew the contract or make arrangements to supply water for saplings," he said. Expressing concern over the withering of saplings, Karanvir, a resident, said that he and his friends donated money to pay water suppliers for watering the saplings.

Meanwhile, the BBMP Horticulture Superintendent said that the authorities have decided to hand over the maintenance of parks and saplings along pathways on the lake to the BBMP Lakes Department. "The vacant space developed into a green space does not come under the jurisdiction of the horticulture department. We did not maintain it in the last four years. Someone has informed me about withering plants. I will make arrangements to water the saplings," the Superintendent said.



Plants along the pathway are withering due to a shortage of water

Government eyes amendments for property tax relief

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As the Bruhat Bengaluru Mahanagara Palike (BBMP) grapples with achieving a 100 per cent property tax collection, its primary revenue source, a discussion has emerged on whether to impose substantial penalties or offer concessions to those who fail to pay property tax on time. However, Deputy Chief Minister DK Shivakumar, overseeing Bengaluru Development, announced on Tuesday that plans were underway to decrease penalties for individuals who fail to pay property tax, with the caveat that this reduction would apply to specific sections. He also proposed that the government would amend laws to allow more time for the payment of property tax and penalties.

Shivakumar stated, "I am in talks with BBMP officials to explore options for reducing property tax penalties for certain types of properties in Bengaluru. Numerous requests have been received for a reduction in property tax and penalties, particularly for 30x40 sites and sheds. We are actively discussing these matters with the relevant officials. If you've received notices about property tax payments and penalties, rest assured that we are working to minimise the penalties as much as possible."

He further added that the 2020 law imposes significant penalties for delays in property tax payments, and amendments to this law are necessary.

"Further details on this will be provided shortly. We have already directed officials to collect taxes based on the previous regimen, without pressuring the public to adhere to the new tariff. Any differences will be adjusted in next year's taxes. The government intended to bring everyone into the tax bracket, benefiting both taxpayers and the BBMP with an expanded tax net. Under the self-declaration scheme, people tend to under-declare their property sizes," Shivakumar said.

Hoardings back, no action yet

Meanwhile, the city witnesses a resurgence of hoardings as numerous supporters proudly showcase banners featuring their leaders. Despite previous assertions from the BBMP about taking corrective measures, it appears that they have turned a blind eye to the situation. In response, Shivakumar reacted, "Unauthorised hoardings are prohibited. My residence area is also among those with numerous hoardings and banners. The BBMP Commissioner has received clear instructions to enforce strict measures, irrespective of political affiliations. We are in the process of drafting a new law to govern hoardings and banners within the city." He also added, "We remain committed to addressing the city's waste disposal challenge, which is aggravated by a controlling mafia. This issue demands a concerted effort, and I urge the public to refrain from littering in public spaces."

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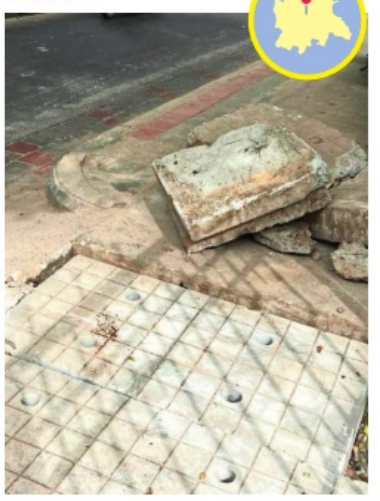
Footpath fumble

Ulsoor



Haphazard repair work has been conducted at Ulsoor, and the debris left behind poses a hazard to pedestrians using the footpath.

Junction zone

Gandhinagar

The electrical junction box, responsible for the electric door at Movie Land Talkies on RK Puram 4th Main Road in Gandhinagar Block, is located in a prominent position causing potential danger to residents.

Garbage disgrace

Udayanagar

The entrance to Udayanagar, specifically near the Old Madras Road, is marred by waste dumping, adversely impacting the lives of the thousands of people residing in the area.

Roaring for vision: Iconic vehicles to take the lead

In a showcase of automotive history, the city is gearing up for the Historic Vehicles Drive 2024. Organised in collaboration with the Federation of Historic Vehicles of India (FHVI), this year it will be a visual delight for thousands of citizens as a convoy of 100 meticulously restored historic cars and motorcycles traverses the city's roads.

The theme for this year's drive is aptly titled 'Wheels to Vision', to support the cause of the visually impaired with a collaboration between FHVI and ITC Hotels. Shraddha Eye Care has joined forces with the organisers to facilitate an eye donation camp and involve 25 visually impaired children in the drive. These children will play a special role as navigators, using a specially curated map written in braille to guide the procession through the city's landmarks.

Dr Ravi Prakash, President of FHVI, said, "Wheels to Vision is all about bringing forward the cause of visually impaired people and creating awareness. Through this collaboration with Shraddha Eye Care, we aim to encourage eye donations and provide a unique opportunity for these children to be a part of our passion for

historic vehicles. These historic cars and motorcycles have been painstakingly restored and preserved by passionate individuals and their families over the years, and bringing them out on the road provides an opportunity for us to highlight a cause that we believe in."

Zubin Songadwala, VP Operations, ITC Hotels South and East, disclosed some of the iconic vehicles that will be part of the awareness drive.

"The event brings about 100 vehicles on the road in Bengaluru this year, and there will be cars like the 1955 Mercedes 300, the 1955 Triumph TR3, the 1962 Alfa Romeo Giulia, and more. The drive will flag off from the main porch of ITC Windsor at 10.30 am on Sunday, January 21, and reach ITC Gardenia, passing through key landmarks of the city to conclude with a lunch event.

The cars will be parked at ITC Gardenia during lunch, giving everyone a chance to admire the beauty of these vehicles," he said.

The cause of visually impaired individuals has added a special dimension to the event. As these historic vehicles traverse Bengaluru's roads, it serves as a reminder for everyone to be aware and encourages them to contribute to this noble cause through eye donations. **BMB**

Construction near lake too close for comfort

Residents living near Haralur Lake raise concerns over construction project taking place in close proximity to water body; they say lake has no buffer zone marking or fencing

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Residents living around Haralur Lake are wary of the encroachment of the lake's buffer zone by a recent construction project that began a couple of weeks ago. Locals say the multistorey building is coming up very close to the water body that is not fenced.

"Construction work started nearly three weeks ago and is happening adjacent to the lake. Haralur has no buffer zone marking or fencing in place for residents to understand if the building is legal. While any form of encroachment is not evident, it is important to look at the historical lake boundary as the construction site is dangerously close to the lake," said a resident.

A complaint regarding the issue has been raised with the Town Planning and Lake departments of BBMP.

"We have raised complaints regarding the issue through multiple channels and have appraised the authorities concerned. However, as per our knowledge, no ground check has happened so far," said a resident.

Locals also say that the construction work goes on until 4 am causing inconvenience to them in the area.

"Construction activities have been going on for nearly three weeks. All the excavated mud is shifted out of the site during the night hours. Similarly, construction material is brought to the site well after 10 pm. Despite the High Court's ruling specifying strict timings for construction activities, it is not being followed, leading to disruption during the night," said another resident.

> **"It is being constructed exactly beneath a high-tension power line. Once constructed, the top floor will be very close to the high-tension line, putting the occupants in danger** – a resident

Construction activities have been going on for nearly three weeks; all the excavated mud is shifted out of the site during the night hours

They also highlighted that the building under construction might also be in violation of the electricity grid code.

"It is being constructed exactly beneath a high-tension power line. Once constructed, the top floor will be very close to the high-tension line, putting the occupants in danger. Karnataka Power Transmission Corporation Ltd must look into this aspect. The issues with this project are multi-departmental and will require a comprehensive effort from all officials concerned," informed another resident.

When BM reached out to BBMP officials concerned, they said the issue is currently being probed.

"I have asked the local official from BBMP's Town Planning Department to go on-site and verify. Verification will happen through a site inspection. Any further action will be taken only after that," said a senior BBMP official from the Town Planning Department.

CM all for bolstering law and order

Chief Minister Siddaramaiah conveyed a stern message, asserting that a continued surge in crime rates within the state would lead to the accountability of Deputy Commissioners of Police (DCPs) and Superintendents of Police (SPs) and would be considered dereliction of duty, on Tuesday.

Emphasising the rising incidence of theft cases as evidence, he said the reason could be ineffective police patrolling, and if it continues in the future, the top police officials will be held responsible.

He also revealed plans to establish eight additional Deputy Commissioners of Police positions in Bengaluru, aiming to bolster the city's police force in combating crime, maintaining law and order, and addressing cybercrime. Additionally, he announced the creation of eight senior Assistant Commissioner of Police roles to oversee cybercrime and narcotics stations, replacing the inspector-level position.

As of now, there are 24 DCPs in Bengaluru, which include traffic, law and order, and others.

The CM also expressed dissatisfaction with the police's handling of incidents involving atrocities against Dalits and women, emphasising the need for improved performance. He urged the police to be proactive in addressing violence against women and children, as well as taking swift action in cases related to untouchability.

Emphasising the importance of public trust in the police, he stressed the necessity for prompt and efficient investigations to instill confidence, particularly among oppressed individuals.

The CM noted the importance of efficient investigations, hoping to improve conviction rates and reduce crime by addressing delays in submitting chargesheets. The increased police presence is seen as crucial for maintaining effective law and order in a city with a population of Rs 1.5 crore.

The Chief Minister also highlighted the need to enhance the beat system to monitor anti-social elements ahead of parliamentary elections, asserting that the state's development relies on the quality of law and order. He urged police to adopt a people-friendly approach, safeguard the interests of women and marginalised sections, and take responsibility for any increase in crime rates or failure of law and order.

He also stated that the Congress government has granted autonomy to the police, clarifying that this autonomy should not be misinterpreted as a permit for excessive force. He stressed the importance of people benefiting from the government's decision to grant such freedom.

In attendance were Home Minister Dr G Parameshwara, Home Department Secretary Umashankar, DGP Alok Mohan, Chief Minister's Secretary Trilok Chandra, and Chief Minister's Political Secretaries K Govindaraju and Naseer Ahmed.

Siddaramaiah concluded by announcing initiatives, including silver medals for police officers and an increase in medical allowance to Rs 1,500, along with plans for a police bhavan in commemoration of Karnataka's golden jubilee. Finally, he urged the Karnataka police to contribute to making the state drug-free, citing recent seizures of marijuana and synthetic drugs and ordering their destruction in February. **BMB**

Education board: No highs, just high grades!

CBSE takes proactive measures to combat drug use among school children, fosters holistic student growth; stress-free learning for future challenges

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The rise in drug consumption has prompted schools to focus on early awareness against drugs.

The Central Board of Secondary Education (CBSE) has urged schools to collaborate in promoting a drug-free lifestyle.

Dr Joseph Emmanuel, the Board's Director (Academics), emphasised the goal of raising awareness about drug addiction among students. "Schools are requested to cooperate with the Ministry of Social Justice, Government of India, and The Art of Living Trust in organising various activities, including programs on healthy lifestyle practices such as Yoga and meditation, spreading the message of saying no to drugs nationwide, and hosting seminars, rallies, workshops, and events to create awareness about drug de-addiction among school children," he said.

Meanwhile, the CBSE has proposed a series of programs to nurture students' intellectual, social, emotional, and cultural development. "With a commitment to fostering a learning environment that empowers future citizens, the CBSE aims to cultivate individuals capable of emerging as global leaders in our knowledge-driven society. The board is steadfast in creating a stress-free educational atmosphere to nurture competent, confident, and enterprising individuals for the nation. Aligned with this visionary approach, the CBSE consistently conducts a diverse range of student enrichment activities throughout the year, including the Expression Series, Heritage India Quiz, Science Challenge, Science Exhibition, Aryabhatta Ganit Challenge, Reading Challenge, Storytelling Competition, and Sports and Games Competitions," Dr Emmanuel said.

Looking forward, the CBSE plans to continue these existing activities and introduce new initiatives in the upcoming year. Dr Emmanuel further added, "A comprehensive calendar detailing these student enrichment activities for 2024 is provided. These activities play a pivotal role not only in fostering students' cognitive, social, and emotional growth but also in exposing them to a diverse array of activities that encourage the exploration of new hobbies and interests."

The primary objective of these activities is to equip students with the skills and attitudes necessary to confront and overcome future challenges, he said.

"Schools are encouraged to organise these activities as outlined in the calendar throughout the year by integrating them into the school calendar and regular activities. The goal is to prepare students for the challenges of the future while maintaining a stress-free educational environment," he added.

Canada considers cap on international students

Canada is looking at the possibility of putting a cap on the number of international students to help reduce the surge in demand for housing and fix the system that has gone out of control, said the Immigration Minister Marc Miller. This move is likely to impact Indian students.

The remarks by Miller came on Sunday as the federal government of Prime Minister Justin Trudeau faced criticism for welcoming an increasing number of immigrants — both permanent and temporary residents — while the country faces an acute housing shortage.

India was the first among the top ten origin countries of study permit holders in 2022 in Canada, with a total of 3,19,000 students.

Temporary residents, largely international students and migrant workers, are another part of the equation, with more than 3,00,000 of them arriving in Canada in just the third quarter of last year.

Miller said he will be looking in both the first and second quarter of this year at possibly setting a cap on international students to help reduce the demand for housing.

When asked why the government is only considering a cap now, when the idea of one has been floated for months, Miller said there's a need to sort out numbers on a federal level before looking with "a little more granularity" at what individual academic institutions are doing in different provinces, possibly profiting off bringing in more international students.

"We need to be doing our jobs and making sure that we have a system that actually makes sure people have a financial capability to come to Canada, that we're actually verifying offer letters," Miller said. —PTI

College spirits: Surge in campus drinking?

Complaints from many quarters are raising alarms among students and the teaching community

Has college life become synonymous with a toxic culture of excessive drinking, smoking, and drug use? Complaints in many quarters are raising alarms among students and the teaching community. There are allegations that there is an increase in consumption, and the addicts blame it on peer pressure.

"A section of the students is falling into the trap of substance abuse. Students away from home are sucked into this culture mainly due to the lack of parental guidance. Binge drinking has become a norm, and there is no party without alcohol. This not only deteriorates the students' health but also affects various parts of their life and academic performance," says Shylaja GS, a college lecturer.

A student who didn't want to be named said, "With the current education system, there seems to be a lot of pressure on students. This pressure is good as it helps mould the students to take on the pressure in real-life scenarios. Sadly, the youth today turn towards drinking, smoking, and drugs to help them ease this. Pressure is both academically as well as peer-induced."

Praveen, a student, said, "College life is supposed to be fun, but I didn't know how intense the party scene could be. It's hard to say no, and it feels like everyone is doing it, so it's normal. I've seen friends struggling with addiction and the effect it has on them and their family."

In addition to this, underage drinking and vaping are growing concerns. "These are readily available and extremely popular, which has resulted in many teens indulging in it. There are cases of drug usage and peddling on campuses, which is a serious concern about the abuse of medications and addiction. This needs to be stopped at any cost," added Sudharshan Rao, a college professor. — Sanjana Rao

HEALTH TIP: Dark chocolate is rich in antioxidants that strengthen your immune system

Plain yoghurt is equally rich in vitamin D and calcium which are necessary for overall health

BangaloreMirror | 7
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UNDER THE WEATHER

Why you may feel anxious when ill – and how to cope with it

Winter illnesses are all around us at the moment – from the common cold, covid-19 and flu to strep throat and stomach bugs.

All have one thing in common: they can make you feel miserable. These illnesses often come with fatigue, lack of appetite and concentration difficulties. Sufferers often just want to be left alone; many people even experience sadness and anxiety.

Researchers have uncovered why that is. When your body is under attack by a pathogen, some of your immune cells recognise the pathogen and take action to eliminate the threat. To be successful, they need to rally other immune cells as well as several organs of your body.

To do so, they secrete specific proteins, called cytokines. These are messengers, communicating the presence of a pathogen throughout your body, including to your brain.

Once the cytokine signal reaches your brain, it triggers changes in the activity of many brain structures. This leads to the development of fever, but not only that.

These brain changes also lead you to feel and act differently: you are much less motivated to do things you usually like and would rather be alone and in bed. Ultimately, you feel fatigued and you lack appetite. But you can also be more sensitive to negative stimuli, which can easily make you sad and anxious.

That means that the psychological experience of sickness is not just triggered by your brain or the pathogen itself – it seems to be unleashed by your own immune system.

Making people sick for one day

How can we make sure that the feelings of sickness are really triggered by our own immune system, and not the pathogen? Researchers have actually shown that such feelings can be brought about without a true pathogen being present.

My research group, and a few others in the world, purposely activate the natural immune defences of healthy and young volunteers, without using a pathogen.

In several of our experiments, we injected more than 100 study participants with a small dose of lipopolysaccharide, a component of the membrane of the bacteria Escherichia Coli. Because immune cells recognise this component as a pathogenic threat (although no real bacteria are actually present), they get activated and produce cytokines.

As during a real infection, but without the presence of a pathogen, the cytokine signal reaches the brain and triggers behavioural changes together with the feelings of sickness (collectively called "sickness behaviour").

Interestingly, our participants reported the same symptoms – malaise, fatigue and body pain – without fighting an infection. In the photos below, you can actually see that they look less well after the injection.

The participants said they would rather be at home than in our study room, and were no longer interested in performing the various tasks we asked them to do. And although they were not specifically anxious or sad before the injection, several of the participants reported feeling anxious and morose afterwards.

Because there were no real bacteria in the blood, and because the liver and immune cells rapidly clear bacterial components from the blood, the production of cytokines lasted only a few hours, typically five to eight hours. And the sickness feelings, including the strong negative emotions that were triggered only a few hours earlier, also subsided within this time frame.

Why do we feel miserable during infections?

The question now is: must we feel sick during an infection? And if so, why? Well, even if you are not fully aware of it, fighting a pathogen requires an incredible amount of energy. Both the activity of your immune cells and the increase in body temperature take a heavy toll. The only way your body can cope with these high energy demands is by strongly reducing the activity of organs that are not immediately needed.

Sickness feelings ultimately ensure that your body energy is not used for activities that are not essential at the time of an infection – you need to be calm and stay at home. Thus, they help you avoid using your muscles and even your brain – making you skip the gym or extensive studying. And feeling sad and anxious prevents you from wanting to go out and party with your friends.

The feelings of sickness are therefore likely to be beneficial in the fight against the pathogen.

This is probably the reason why all vertebrates, and even invertebrates such as bees and ants, behave like we do during infections.

So, it is likely to be difficult to simply think your way out of feeling down when ill. But I hope that this insight will help you take the edge off negative thoughts when confronted with a winter illness. Do not feel guilty or worried about feeling miserable – it's only natural.

A healthy way to respond might actually to embrace these feelings as a normal response of your body when it needs to fight off pathogens. If you don't, the chances are you will go on a spiral of guilt, fear and negative emotions that keeps getting worse.

And by the way, if you feel miserable in the days following a vaccination… Don't worry – it similarly means your immune system is at work.

(By Julie Lasselin, Stockholm University, The Conversation)

MIRRORLIGHTS

Cycle to work for better mental health: Study

Cycling to work may not only be beneficial for the environment but also for your mental health, says new research.

The study showed that people who cycle to work are less likely to be prescribed drugs to treat anxiety or depression than those who commute using different modes of transport.

The findings, published in the International Journal of Epidemiology, analysed data of 378,253 people aged 16-74 in Scotland, who were followed for up to five years.

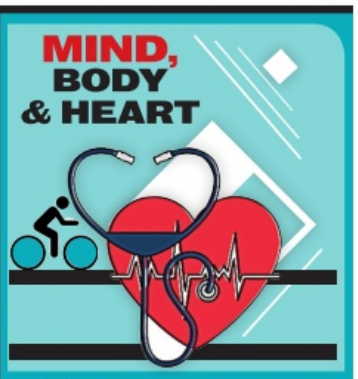
The analysis suggests that commuting by cycle reduces the risk of mental health issues. The people included in the study lived and worked in Edinburgh or Glasgow, stayed within around one mile of a cycle path and did not have any prescriptions for mental ill-health.

Researchers found a 15% reduction in prescriptions for

depression or anxiety among cycle commuters in the five years compared with non-cyclists.

Commuting by bicycle led to greater reductions in mental health prescriptions in women than in men. The findings provide further evidence of the importance of promoting active travel and investing in infrastructure.

"Our finding that this economical and sustainable method of travelling to work also enhances mental health suggests that a policy of investing in cycle paths and encouraging active commuting is likely to have wide-ranging benefits," said Chris Dibben, Professor at the University of Edinburgh in the UK. **— IANS**



All you need to know about...

Heel pain

What causes it

"Heel pain can be a result of many factors, and identifying the underlying cause is key to finding a suitable solution," Senior Consultant Orthopaedics and Sports Medicine Unit at the Sir Ganga Ram Hospital New-Delhi, Dr Ashis Acharya explains. Heel discomfort can be caused due to various reasons, the most prevalent of which being plantar fasciitis. This illness is caused by inflammation of the plantar fascia, a thick band of tissue near the bottom of the foot. It joins the heel bone to the toes and maintains the foot arch. Heel spurs, heel bursitis, Achilles tendinitis, stress fractures, and obesity are all prevalent causes of heel pain.

Signs and symptoms

Watch out for the warning signs for timely intervention. The most obvious sign of heel pain is discomfort or pain at the bottom of the heel, which can extend to the arch of the foot. The pain is usually worse in the morning or after extended periods of rest. It can also be triggered by activities that put pressure on the heels, such as standing, walking, or running. In severe cases, the pain can be accompanied by swelling and stiffness in the heel.

How to prevent it

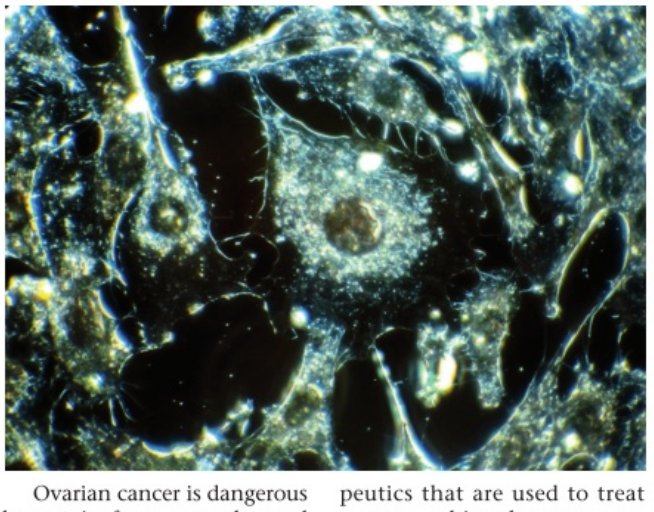
Maintain a healthy weight to reduce pressure on your heels. Wear supportive and fitting shoes that provide adequate arch support and cushioning. Stretch your calf muscles before and after activities to prevent tightness in the plantar fascia. Avoid activities that strain your heels.

Treatment

Simple at-home remedies like rest, ice, and over-the-counter pain relievers can help alleviate pain. Stretching and strengthening exercises can also help. In more severe cases, a doctor may recommend physical therapy or corticosteroid injections.

—by Kayalvizhi Arivalan, Femina

IISc researchers find ovarian cancer cells spread easily in aged tissues



Researchers at the Indian Institute of Science (IISc) have found that ovarian cancer cells can spread more easily in aged tissues because they secrete a unique extracellular matrix that attracts the spread of cancer.

The IISc team has thus highlighted that this could potentially be one of the reasons why aged populations typically tend to have worse outcomes in cancer than younger populations.

"The fact is that chemotherapy also induces the ageing of cells, and this can make things worse. Thus, appropriate use of chemotherapy could be essential in getting good outcomes in ovarian cancer," says Ramray Bhat, Associate Professor at the Department of Developmental Biology and Genetics (DBG) and corresponding author of the study published in the Cellular and Molecular Life Sciences journal.

Researchers say that future studies based on the outcome of the present research will hopefully build a strong case for using drugs that kill aged cells as a combination therapy with chemotherapeutics to tackle cancer progression.

Ovarian cancer is dangerous because it often goes undetected until it has spread beyond the ovaries, and the symptoms can also be attributed to other conditions. Scientists believe that ageing can increase the spread of ovarian and other cancers, but the underlying mechanisms are not fully clear.

The researchers used a chemotherapy-induced senescent (ageing of cells) model to study this phenomenon. They first extracted tissues found in the lining of body cavities from mice models and exposed half of these tissues to chemotherapeutics that are used to treat cancer, pushing them to senescence, a state in which the cells stop replicating but don't die.

The team then exposed both young and aged mouse tissues and human tissue-like cell sheets to ovarian cancer cells. They used time-lapse imaging to tag the normal and cancer cells with different fluorescent markers so that they could be studied under a microscope for extended periods. "It's slightly harder to image tissues when compared to cell lines, as the latter have only one particular cell type growing," explains Bharat Thapa, the first author and student at IISc.

What they found was that the cancer cells chose to settle down more on the aged tissues; moreover, they settled closer to the aged normal cells in the cell sheets.

To figure out what was drawing the cancer cells to the aged cells, researchers built computer models to explore the interactions between the cancer cells and the aged cells.

"What we found was surprising. It was not the diffusing molecules that were luring the cancer cells. It was proteins secreted by aged cells that settle down as the extracellular matrix (ECM), the base on which the cells adhere and grow, that were called the cancer cells. The extracellular matrix is what was bringing the cancer cells there and allowing them to better attach to the aged cells and spread faster," said Bhat.

The team also carried out experiments on human cell lines to replicate the predictions of the computer simulations. They noticed that the cancer cells stuck strongly to the extracellular matrix around the aged cells and eventually cleared the aged cells away. **BMB**

Pots in a spot at metro station

CONTINUED FROM PAGE 1

like me to use the stairs? The railings at both ends are blocked by decorative pots. Can't the BMRCL install a railing at the centre of the stairs to help people like me," wondered R Mohan, a disabled person who attempted to use the stairs at the entrance (National College side) of National College metro station.

Demanding the BMRCL to make metro stations disabled-friendly, Mohan suggested the corporation remove the decorative flower pots from one side of the stairs to enable the disabled access railings.

"I came to know that flower pots are kept at other metro stations too, causing great inconvenience to the disabled. There is no lift facility (on National College side) at the station for the benefit of the disabled. They have to cross the busy road to reach the entrance on the Basavanagudi side. It will be a tough task for disabled individuals who want to enter the metro station from National College side," Mohan said.

Furthermore, it is simply amusing to see no plants in five decorative pots. These flowering plants, we are told, were kept at the entrance during the last flower show. The employees assigned to take care of the plants did not seem to care whether they were dead or stolen.

"I will instruct the house-keeping employees to remove the flower pots from one side of the stairs to enable disabled individuals to use railings to enter the metro station.

These decorative flower pots were kept along the stairs during the flower show. There is a lift facility on the other side (Basavanagudi side) for the benefit of disabled persons. The problem will be fixed," said Shakeel, station master, National College metro station.

Meanwhile, Ravishankar, section officer, Department for Empowerment of Differently Abled and Senior Citizens, said that he would send a letter advising the BMRCL to ensure stairs of metro stations are disabled friendly.

"It is wrong to keep flower pots near the railings meant for the disabled," said Ravishankar.

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I Manasi W/O, Bhaskar Saxena R/o F203 Concorde Manhattan, Electronic City 1, Doddathoguru, Bangalore 560100 have changed my name to Manasi Srivastava.

I, HONNADEVI NAGARAJAIAH, residing at No.68, 6th Cross, Basaveshwara HBCS Layout, 2nd Stage, Chandra Layout, Vijaya Nagar, Bengaluru-560040 have changed my name to HONNAMMA MUTHASAGARA KEMPAHONNAIAH, vide affidavit dt: 12.01.2024 before notary V. Anjanappa, B.lore.

I, SADAF, D/o Aijaz Hussain Shah, R/o Flat No.403, 73/A, Manam Enclave, 26th Cross, 24th Main, Garden Layout, 2nd Sector, HSR Layout, Bengaluru – 560102, have changed my name as SADAF SHAH, vide affidavit dated 16.01.2024, sworn before notary S. Subashini, Bengaluru.

I, Kavita W/o Service No. 18018821M HAV/SAC Laxman Singh serving in ADMC M.S. Nagar Bangalore 560033 have changed my name from Kavita Devi to Kavita vide Affi. Dt 13 Jan 2024 sworn before advocate and notary Uday Kumar k Bengaluru.

I Quaid Zohar Firoz Electricwala R/o #12,GF,2nd Main,supreme Layout, B'luru 560076 have changed my minor daughter's name from Umme Aiman Quaid Zoher Electricwala to Umme Aiman Quaid Zohar Electricwala.

I, Abhay Chakrapani Warrier R/o B002 Paranjape Windfields, Yemalur Kempapura Road, Bangalore - 560037 have changed my minor daughter's name from Tanishka Abhay Warrier to Tanishka Pant Warrier.

I Chajid Ahamed S/o, Ustar Ali R/o No.687 13th Main 5th Cross Hal 3rd Stage Kodihalli Bangalore 560008 have changed my name to Md Chajid Ahammad for all Future purposes

I, Uma Maheshwari Parushuramappa Naikar W/o Shivaraj Bagalkoti, R/a Flat no 205, C Block, Liliym Gardenia, Thanisandra main Road, Narayanpura, B'lore 77. I have changed my name to Umamaheshwari Bagalkoti. Vide affidavit dated 12/12/2023. Sworn before notary S.R Ravi Kumar B'lore.

tender & notices

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Gas cylinder burst leaves 6 injured

Gas cylinder blast leaves around five houses damaged

Six individuals sustained severe injuries when a domestic gas cylinder burst at a house in Yelahanka New Town on Tuesday morning. The police reported that two of the victims are in critical condition and have been transferred to Victoria Hospital, while the other four with minor injuries have been relocated to a Yelahanka hospital. The explosion occurred on the ground floor of a two-storied house in Lal Bahadur Shastri Layout, causing damage to four neighbouring houses. The injured parties have been identified as Arfaz, Fouzia Banu, Asma, and others. Following the incident, fire and FSL teams conducted an inspection at the site. BM Laxi Prasad, Deputy Commissioner of Police (DCP), North East, stated that the explosion resulted due to a leaking cylinder that had been replaced with a new cylinder the previous night. – BMB

Scooter break-in: ₹50k stolen

A quartet of thieves made off with Rs 50,000 in cash from the scooter of a 70-year-old man, shortly after he withdrew money from an ATM near the BDA complex in Nagarabhavi, around 3 pm last Tuesday. K Kalappa, a Nagarabhavi resident, reported the incident at the Annapoorneshwari Nagar Police Station. Masked individuals on bikes were observed breaking into the scooter's compartment and taking the cash. Allegedly, the culprits trailed Kalappa after spotting him withdrawing money. They took the money and discarded documents on the road as they escaped. Kalappa learned about the robbery when an auto rickshaw driver told him about the scattered documents. He confirmed the theft through CCTV footage at his neighbour's house. Kalappa said the money was intended for paying employee salaries. An FIR has been filed under IPC Section 379 (theft), and a manhunt is one. – BMB

HC seeks report on warden appointments

The Karnataka High Court on Tuesday raised concerns about the recruitment process for the positions of wardens and supervisors in government hostels under the Department of Social Welfare and ordered that a comprehensive report specifically focusing on those for students belonging to SCs and STs be submitted within two weeks.

The order of the bench of Chief Justice Prasanna B Varale and Justice Krishna S Dixit came in a suo moto public interest litigation initiated by the court following news reports about the condition of these government-run hostels.

The HC noted that the shortage of staff is severely affecting the academic progress of students in these hostels.

Advocate Nitin Ramesh, who is the amicus curiae in the case, informed the court that the National Child Rights Commission has issued guidelines on how hostels should be managed.

Recording the amicus curiae's submissions, the HC said a comprehensive report is expected from the government. The Court directed that a copy of the State's report should be provided to the amicus curiae before the next hearing. The HC also reminded the government that as per its earlier direction the recruitment process of wardens should be completed in six months. – PTI

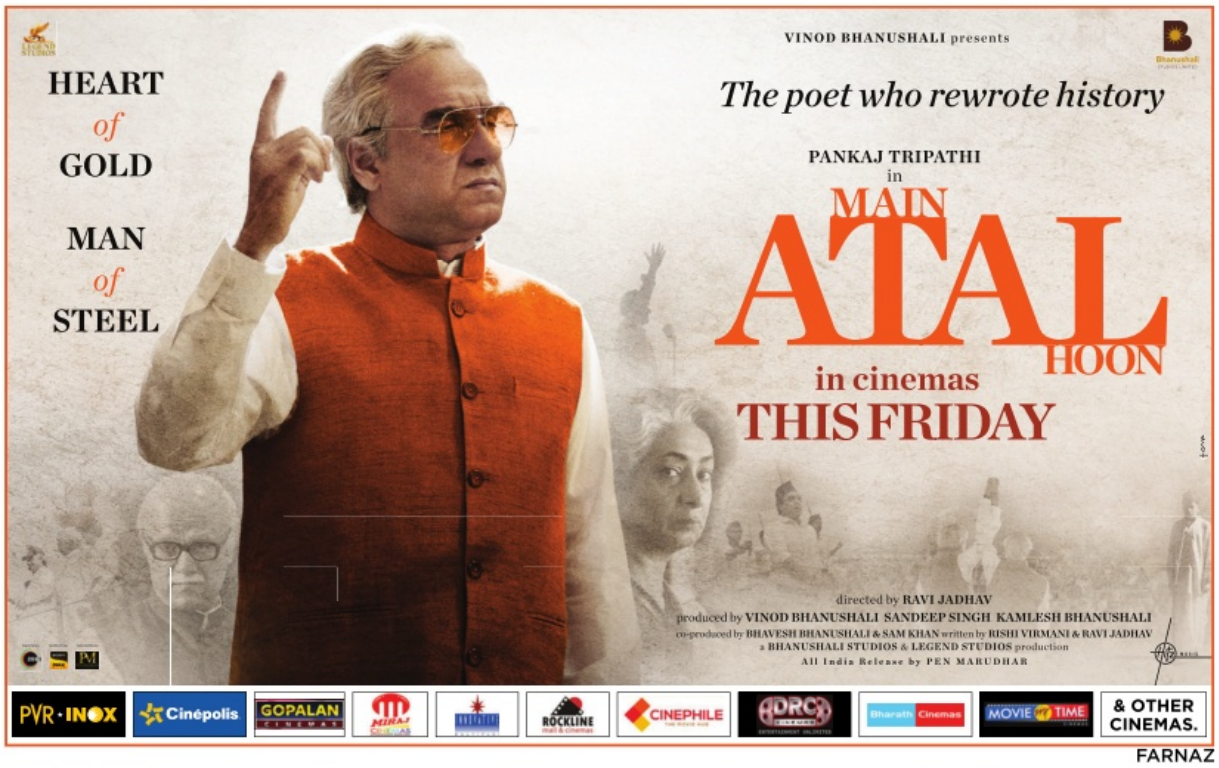
Pant bats at nets, shows improved fitness

Rishabh Pant on Tuesday gave another hint of improving fitness and match-readiness while batting for some 20 minutes at the Chinnaswamy nets before his Indian teammates entered the venue for practice. Clad in black shots and T-shirt, Pant faced throwdowns from NCA staff, dishing out some drives on the off-side and a few nudges to the on-side. He exchanged a few words with Indian team's side-arm specialist Raghu before proceeding to meet other members like Virat Kohli, Rinku Singh among others.

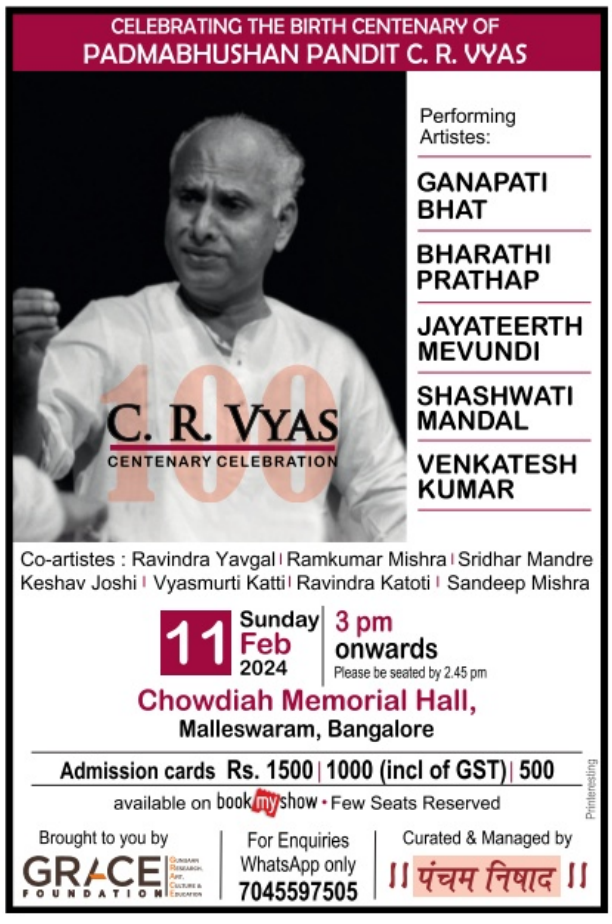
Pant is continuing his recovery at the NCA from a horrible car accident in late 2022, an accident that forced him to have ligament reconstruction surgeries. Pant is expected to return to action during the IPL 2024 as he has been named as Delhi Capitals captain. The 26-year-old had attended the Capitals camp in November last year, besides being present at the franchise's auction table at Dubai in December. Sourav Ganguly, the Capitals' director of cricket, too had exuded confidence in Pant's return in this year's IPL.

"He's (Pant) good now. He will play in the IPL next season. There's still time for him to get down to practice. By January (2024), he'll get even better," Ganguly had said during the DC camp at Jadavpur University Salt Lake Campus. Pant's last appearance for India was in a Test match against Bangladesh at Mirpur in December 2022. Meanwhile, Karnataka State Cricket Association (KSCA) felicitated the Cooch Behar Trophy U19 team members on Tuesday with India head coach Rahul Dravid meeting the budding players.

Karnataka won the event on Monday by virtue of their first innings lead over Mumbai. – PTI



FARNAZ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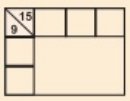
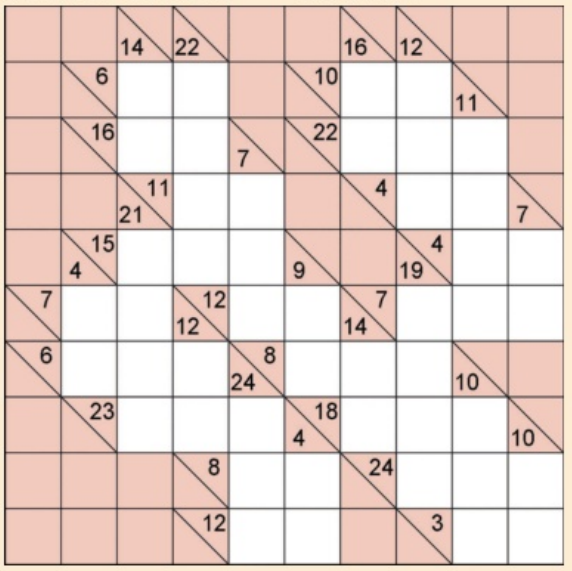
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

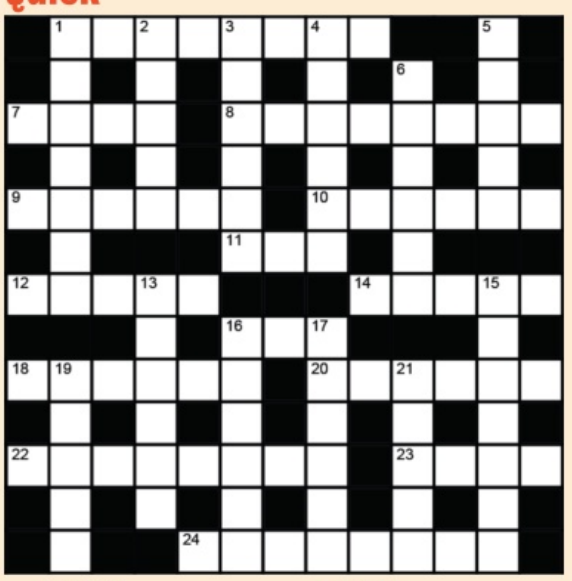


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Air India, Lufthansa, Indigo, etc (8)
7 Stiffly formal (4)
8 Convince (8)
9 Queasiness (6)
10 Doglike (6)
11 Town in Ladakh (3)
12 Float aimlessly (5)
14 __ __ once : suddenly? (3,2)
16 Hefty sandwich (3)
18 Lecture (6)
20 Roman poet (6)
22 70s Russian leader Leonid ____ (8)
23 Female relative (4)
24 Putting in trance (8)

DOWN

1 Guru Dutt's 1954 production (3,4)
2 Plays like children (5)
3 Capital of Manipur (6)
4 Improve in quality (6)
5 Make broader (5)
6 Burrow (6)
13 Delirium (6)
15 Dialects (7)
16 A crudely built hut or cabin (6)
17 Vidhyarthi ____ : Dosa place in Gandhi Bazaar (6)
19 Dry up (5)
21 Raises; nurses or nurtures? (5)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: Z EQUALS U

FGIU, S.: Y JUIAGS DNG CYHMA DNUS WGZ DQAN NQP CG HQACUS.

Linemaro

The sound of your voice sends tingles down my back

Mindchow

It is foolish and wrong to mourn the men who died. Rather, we should thank God that such men lived

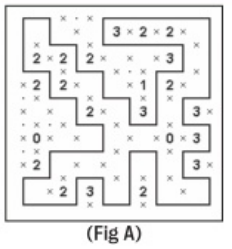
Joke of the day

When meeting your girlfriend's mother for the first time, always push her over to see what your girlfriend's balance will be like when she is older

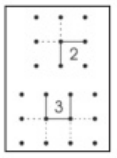
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

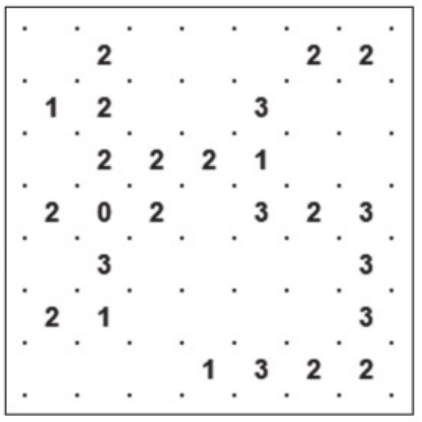


(Fig B) Not Allowed

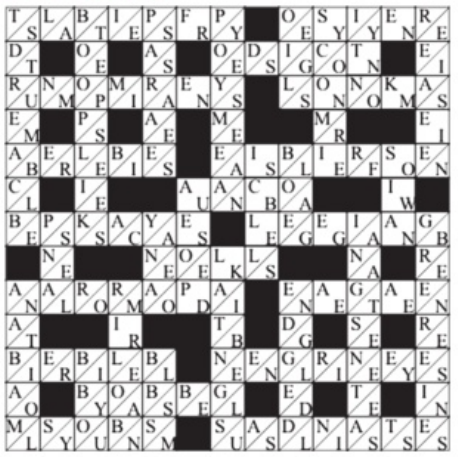
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

1	2	3	4	5
6				
7				
8				
9		O		

ACROSS

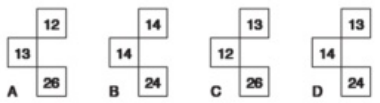
1 Old us; 6 Niter; 7 Adorn; 8 A err I; 9 Corer

DOWN

1 Calin; 2 A ruin; 3 Order; 4 Err do; 5 Rotes

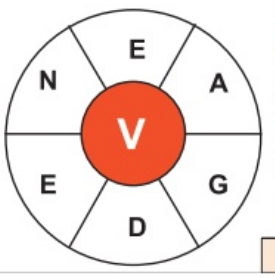
Mensapuzzle

Which is the missing section?



1	3	5	7
4	8	?	16
7	?	19	25
10	18	?	34

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

04 Average; 05 Good; 07 Outstanding

SudokuChallenge

1				8				5
9		7		5		3		1
	5						6	
4	9		8		3		2	6
8	6		9		5		4	3
	7						1	
6		9		1		5		4
2				9				8

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 2

1 4 5 8

Medium = 10

3 5 6 6

Hard = 15

1 3 3 2

Hocusfocus

Find at least six differences in details between panels.

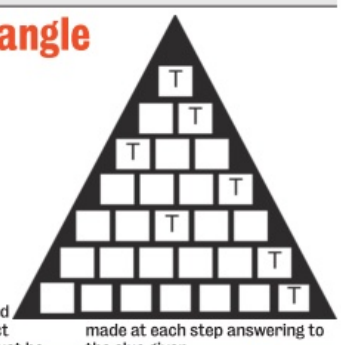
Differences: 1. Moon is moved. 2. Window is different. 3. Slipper is missing. 4. Tree limb is longer. 5. Bush is larger. 6. Tent is larger.

Riddler

Which former U.S. President might give a GOOD CIVIL CLEAN?

Alpha triangle

1 Tonne, abbr.
2 tu Brute ...
3 Little Edward
4 Adroit
5 Honoured
6 Imperfection
7 Turn aside



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

Bizarrotrip

I was up all night worrying about my cat because she didn't wake me every half hour.
Wayno & Piraro 10-28-23
BIZARRO.COM Dist. by King Features
©2023 Bizarro Studios

Diamond Lil

Hart of the city

WHAT AM I GONNA DO WITH ALL OF THESE FURBYS?
IT DOES SEEM LIKE A WASTE TO JUST THROW THEM AWAY...
WHAT ABOUT TAKING THEM TO A SHELTER? I'M SURE SOME KIDS WOULD LIKE THEM.
GOOD IDEA!
MAYBE KEEP THE ONES SPOCK HAS CHEWED ON.
GREAT IDEA.
@COMICS.COM/HARTOFTHECITY

Crankshaft

STARBUCK JONES
THIS ISSUE OF 'STARBUCK JONES' WITH THE SABER-TOOTHED OCTO-SHARK ON THE COVER IS AN EXAMPLE OF WHY YOU HAD TO LOOK BEHIND EVERY COMIC BOOK ON THE RACK.
I SAW IT IN A HOUSE AD IN THE PREVIOUS ISSUE AND AFTER GIVING UP HOPE OF EVER GETTING MY HANDS ON IT... I FOUND IT HIDING BEHIND 'LITTLE LULU' ON THE RACK AT THE IGA...
A TRULY MEMORABLE MOMENT OF COMIC BOOK SAFARI SERENDIPITY!
KATHLEEN AYERS

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, your creativity may be high, and you may attend a creative event. Your money, which was stuck, may be recovered now. Job seekers are advised to update their knowledge with the latest information. Students are advised to put in more effort in their academics.

Taurus Apr 21 – May 20
Today, you may feel dull due to sleeplessness, and you may be scattered towards your goals, affecting your working efficiency. You may plan to visit some religious place, but in the late evening, you may be blessed by your elders. You may find out your mistakes and make a good plan for the coming day. You are advised to take care of your parents' health.

Gemini May 21 – Jun 21
Today, you may be in a hurry, and you are advised to drive safely. With the blessing of the elders, you may come out of a messy situation. You are likely to be more romantic in your love life, and harmony in domestic life may come. You may expect positive results in new partnerships. Love birds may enjoy their happy moments. Students may hear good news in terms of academics.

Cancer Jun 22 – July 23
Today, your subordinate staff may be cooperative, helping you complete postponed projects. You are likely to join some social events, boosting your network, which may help you in your work or social life. You may plan to go for an outing with friends. Some disputes with friends may be settled now. Students are advised to avoid carelessness.

Leo Jul 24 – Aug 23
Today, try to avoid spending your hard-earned money on worthless things as it may affect your savings. Also, avoid expecting too much from the people around you, as your expectations may lead to depression. It may affect your warmth with the people around you. You are advised to control your way of speaking while discussing domestic issues.

Virgo Aug 24 – Sep 23
Today, you may feel energy and inner strength, and your performance may be good. You may complete your work within the timeframe, making you happy. You may also help someone in need by giving advice. Your prestige may grow now, and you are likely to have a balance between domestic and professional life. Natives related to import and export, trading, and strategy analysts may do better now.

Libra Sep 24 – Oct 22
Today, you may be a victim of fantasy, which may drive you towards hypothetical aspects, making you indecisive and disturbed. This can affect your ongoing projects or work. Financial issues may likely affect ongoing projects. You are advised to be practical and avoid daydreaming.

Scorpio Oct 23 – Nov 22
Today, you are blessed by the moon, and your small investments may convert into big profits. Your working efficiency may increase now, and you are likely to get success with less effort. You may hear good news in legal matters. You may have full control over your opponents and rivals.

Sagittarius Nov 23 – Dec 22
Today, you are blessed by the moon, and your small effort may give you success. You are likely to have good profits from your past investments. You may get rewards for your hard work in professional and domestic life. Your prestige may increase now, and you may start innovations in the business. Disputes with the spouse may be resolved now.

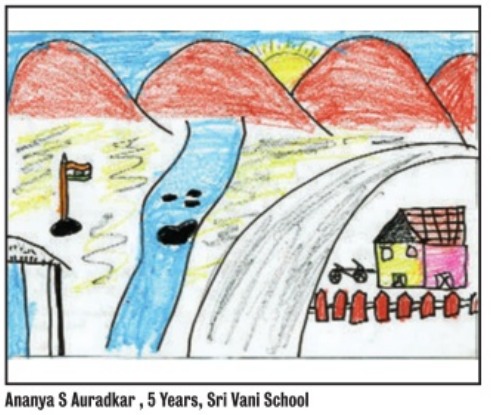
Capricorn Dec 23 – Jan 20
Today, you may feel better, and situations may be under control. Your network may help you on the work front. You may plan for overseas travel. This is a good time to increase domestic harmony and love life. With the help of creativity, you may bring some artefacts or creative stuff for the family. You may also plan for watching movies or going for an outing with friends or family.

Aquarius Jan 21 – Feb 19
Today, you may get tired due to overworking, which may make you lazy and careless. You are advised to keep patience. If you are planning for an adventure tour, it's advised to postpone it for a while. Your past investments may convert into dead stock. Students are advised to work hard. You may experience backache, nervous system issues, liver-related problems, and skin issues.

Pisces Feb 20 – Mar 20
Today, your creativity may be on high, and you may plan to renovate your house. You may buy some stuff to renovate your house or office, which may increase your social status. There is likely to be some harmony with the spouse, creating harmony in domestic life. Disputes with friends, co-workers, and partners may be settled down. You may get good news in terms of litigations.

KIDZONE

Sree Raksha, 13 Years, V L S International School



Ananya S Auradkar , 5 Years, Sri Vani School

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SOLUTIONS

SOLVE IN 1M
= 55-5+44+11+33+22-169
= 11+4+33+22-169
= 15+33+22-169
= 48+22-169
= 70-169
= -99

BULL'S EYE
avenge, AVENGED, evade, gave, vane, vend

STRIKE OUT

S	A	T	I	S	F	Y
T	O	A	E	D	I	C
U	M	P	I	R	E	S
M	P	E	M	P	I	R
B	E	L	I	E	A	I
B	R	I	L	L	E	N
A	I	B	A	R	D	E
N	A	R	M	A	D	A
E	S	S	A	Y	S	E
L	E	U	N	C	O	W
L	Y	O	N	S	S	A

QUICK

A	I	R	L	I	N	E
A	O	M	N	T	I	
P	R	I	M	P	E	R
P	P	H	I	N	E	
N	A	U	S	E	A	C
B	R	E	Z	H	N	E
A	N	A	E			
S	P	E	C	H	H	O
		R	S	U	B	
D	R	I	F	T	A	
		A	L	E	H	
N	A	U	S	E	A	C
		P	H	I	N	E
P	R	I	M	P	E	R
A	O	M	N	T	I	
H		H	Y	P	N	O

SUDOKU

2	1	3	5	9	4	6
6	8	9	7	1	2	5
5	7	4	6	3	8	9
8	6	1	9	2	5	7
7	3	2	4	6	1	8
4	9	5	8	7	3	1
3	5	8	1	4	9	2
9	4	7	2	5	6	3
1	2	6	3	8	7	4

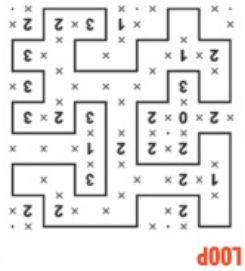
MENSA PUZZLE
A: lines across progress +2, +4, +6, + 8 in turn. Columns down progress +3, +5, +7, +9 in turn.

QUOTE UNCODE
Bore, n.: A person who talks when you wish him to listen.

ALPHA TRIANGLE
9, 4, 7, 2, 5, 6, 3, 8, 1
5, 8, 3, 6, 9, 2, 4, 1, 7
1, 2, 6, 3, 8, 7, 9, 5, 4

GO FIGURE
Easy
5 + 4 - 8 + 1 = 2
Medium
3 - 5 + 6 + 6 = 10
Hard
3 x 2 - 1 x 3 = 15

LOOP



KAKURO

RIDDLER
Calvin Coolidge

FAST FIVE

L	U	D	O	S
I	N	E	R	T
N	A	R	D	O
A	I	R	E	R
C	R	O	R	E

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 # Adash Gourav in Alien TV show

Actor Adarsh Gourav will be seen in Ridley Scott's Alien prequel show. As per a statement, Ridley Scott's 'Alien' franchise is heading to the television and interestingly, it will feature Adarsh in a pivotal role

SANDALWOOD SHOTS
Y MAHESWARA REDDY

Market place

A huge set depicting a market was built on premises of HMT Limited near Jalahalli for the shooting of Cheetah. Prajwal Devaraj is playing the lead in the movie while choreographer Raja Kalai Kumar debuts as a director in Sandalwood with this movie.

"I have been working as a choreographer for the last 23 years. I began my career as a choreographer with Prajwal Devaraj's movie," said Raja Kalai Kumar.

Elaborating on the script of the movie, the director said the movie revolves around a market where the hero is born and brought up. "Prajwal plays the role of a person who fights against irregularities taking place at the market. Vendors in the market support and encourage the hero. I have included all elements that are a must to entertain the audiences. I thank and appreciate art director Shivakumar who worked hard for two months to build the market set for this movie," the director said.

Prathibha Naresh is bankrolling the movie under the Rajalakshmi Entertainment banner. The next schedule of the shooting is planned in and around Mysuru for a week.

The specialty of the movie is that well-known choreographer Chinni Prakash is playing a key role. The movie features Megha Shetty, Guru Jaggesh, Sruthi Hariharan, Rangayana Raghu, Shivaraj K R Pete, Sidlingu Sridhar, Tennis Krishna, and Shankar.

"I am a director's actor. I am acting as per the director's guidance. I acted in one Hindi movie and one Tamil movie. I am acting in a movie after a long gap," said choreographer Chinni Prakash.

SPREADING SUNSHINE

Rhea speaks about how she cheered up girls she met in jail

Rhea Chakraborty shared insights into her time in jail, following her arrest in the Sushant Singh Rajput death case. Released on bail after nearly a month, she fulfilled a promise to her fellow inmates by performing a joyful dance, opting for a 'Naagin' sequence to lift their spirits.

Rhea recently was in conversation with author Chetan Bhagat on his podcast.

Talking about her jail ordeal she said, "I had promised all the girls in the jail that I'd dance for them the day I got bail. They were like, 'You are a heroine. You show us a dance'.

However, I was heartbroken as my brother didn't get bail. The jailer came up to me and said, 'I have told them that you won't dance'. But I told the jailer, 'I want to [dance] for them because when am I going to see these women again? "

"If I can give them a little bit of happiness in their otherwise hopeless lives, I want to give them. Hence, I danced for them. I did a full-on Naagin dance, that too on the floor, on the song 'Naagin Gin Gin'.

Everyone did a dance performance with me. They were so happy that I was going home. They told me, 'Just be happy. Have a good life, " she added.

Actor shakes a leg for jail inmates while feeling low as her brother hadn't got bail because a promise is a promise

—ETimes

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